NEWS

Cold week with some snow expected

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A number of weather warnings have been issued as an arctic maritime airmass brings cold weather to the UK with a risk of wintry showers and snow.

Met Office Deputy Chief Meteorologist, Rebekah Sherwin, said: “As the cold air pushes across the UK from the north temperatures will dip, with daytime temperatures struggling to get above freezing in many places from mid-week onwards. However, the cold air from the Arctic will also bring brighter conditions, with some dry, sunny spells, particularly away from the coast.

“Showers will turn more wintry as the week goes on with a risk of snow at times. Yellow National Severe Weather Warnings for ice and snow have been issued for parts of Scotland, Northern Ireland, Wales and the east coast of the UK for Wednesday and Thursday. We can expect to see further snow and wintry showers as the week progresses, particularly in coastal areas or over higher ground. There will be widespread frosts with temperatures falling to as low as -10°C overnight in isolated spots by the end of the week.

“More severe weather warnings could be needed as we head through the week. Keep up to date on the latest weather warnings on our website."

The UK Health Security Agency (UKHSA) has issued a Level 3 Cold Weather Alert covering England from Wednesday evening through to Monday 12th December.

Dr Agostinho Sousa, Consultant in Public Health Medicine at UKHSA, said: “Cold weather can have serious consequences for health, and older people and those with heart or lung conditions can be particularly at risk.

“If you have a pre-existing medical condition, you should heat your home to a temperature that is comfortable for you. In rooms you mostly use such as the living room or bedroom, try to heat them to at least 18°C if you can. Keep your bedroom windows closed at night. Wearing several layers of clothing will keep you warmer than one thicker layer.”

RAC spokesman Rod Dennis said: “With temperatures plummeting this week, many drivers might be taken aback by the cold after an exceptionally mild autumn. Our advice is to be winter ready – check tyres are properly inflated and with good tread, while topping up oil, coolant and screen wash levels if needed. Drivers with older batteries in their cars might also wish to give their vehicle a 20-minute drive before colder conditions arrive to ensure the battery can cope with sub-zero temperatures. It’s also worth having a fully-charged mobile phone and carrying a blanket in case of a breakdown to keep warm.”

Although there are some uncertainties around how long this cold spell will last it is expected to stay cold into next week with temperatures remaining well below average for the time of year.

There is lots of advice on the Met Office website on how to prepare for cold weather. You can check the latest forecast on our website, by following us on Twitter and Facebook, as well as on our mobile app which is available for iPhone from the App store and for Android from the Google Play store. Keep track of current weather warnings on the weather warning page.

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